

IMPROVING KIDS' ENVIRONMENT



HOW TO PROTECT KIDS FROM ENVIRONMENTAL RISKS

Keep Pesticides and Other Toxic Chemicals Away From Children

- Store food and trash in closed containers to keep pests from coming into your home.
- Use baits and traps when you can; place baits and traps where kids can't get them.
- Read product labels and follow directions
- Store pesticides and toxic chemicals where kids can't reach them – never put them in other containers that kids can mistake for food or drink
- Wash fruits and vegetables under running water before eating; peel them before eating, when possible.
- Keep children, toys, and pets away when pesticides are applied; don't let them play in fields, orchards and gardens after pesticides have been used for at least the time recommended on pesticide label

Help Children Breathe Easier

- Don't smoke around kids and don't let others smoke in your home or car
- Avoid open burning
- Limit motor vehicle idling; walk, use bicycles, join or form carpools and take public transportation
- Limit outdoor activity on ozone alert days when air pollution is especially harmful

For More Information

- Parents, teachers, community groups and others can learn how to protect kids from environmental threats on our website at www.ikecoalition.org.
- Follow IKE news on Twitter and Facebook.

- Keep your home as clean as possible. Dust, mold, second-hand smoke and pet dander can trigger asthma attacks and allergies.

Protect Children From Lead Poisoning

- Get kids tested for lead by their doctor or local health department.
- Test your home for lead paint hazards if it was built before 1978.
- Wash children's hands before they eat; wash bottles, pacifiers and toys often.
- Run cold water until it becomes as cold as it can get. Use only cold water for drinking, cooking, and making baby formula.
- In homes built before 1978, wash floors and window sills often to protect kids from dust and peeling paint that might be contaminated with lead.

What You Can Do to Improve Kids' Environment

Improving
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- If you live in a home built before 1978, have your child and home tested for lead and learn about lead-safe renovation practices.
- Help reduce air pollution. Encourage schools to restrict vehicle idling in parking lots and to join the Smart Schools Don't Idle program.
- Reduce pesticide use. Encourage schools to adopt Integrated Pest Management practices, which use chemical pesticides as a last resort.
- Stay informed by becoming a supporter of Improving Kids' Environment at www.ikecoalition.org